# Ham on Rice

A mixture of ham and grains is delicious for those who can still have them. Ham and rice can be a quick perk up meal either using fresh ingredients or leftovers. Ham and rice is another one of those meals that can be prepared for sick dogs and cats, with your veterinarian's permission, of course. To add flavor and texture, add a little beef or pork stock. It's a good way to get animals who have lost interest in eating to eat. Adding a few peas and carrots can also add nutrition. Some animals will eat medication in food mixes.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Cut meat to bite sized pieces before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Beef stock (gluten)

Butter (lactose)

Mushrooms

Onions

Pepper

Pork

Pork Stock (gluten)

Rice

Spices

Meatless Preparation Avoid:
- Beef stock
- Butter
- Pork
- Pork stock
- Substitute with: _____

Utensils:
- Chopping board
- Fork
- Paring knife
- Pot holders
- Spatula
- Spoon
- Pan:
  - 8 inch frying pan for ham, and
  - 2 quart sauce pan for the rice

Ingredients:

Meat:
- Ham
  - Optional:
    - 1 cup of beef stock, or
      - 1 cup of pork stock

Vegetables:
- 7.5 ounces of carrots
- 7.5 ounces of peas

Other ingredients:
- 1 cup uncooked rice
- 1 teaspoon of butter
- Dash of salt
- Spices such as pepper, to taste

Preparation time: 10 minutes

**Preparation:**

**Meat:**

1. Chop ham.
2. Fry in 8 inch frying pan with:
   - 7.5 ounces of carrots
   - 7.5 ounces of peas
   - Optionally:
     - 1 cup of beef stock, or
     - 1 cup of pork stock

**Rice:**

1. Boil water in 2 quart sauce pan for the rice.
2. Cook rice until done.

**Combine:**

1. Place rice on the plate.
2. Cover with ham and vegetables.

**Cook Temperature: Medium to low**

**Cook Time: 20 to 30 minutes**

**Servings: 4 to 6**

**Storage Solutions: Square containers in individual servings with or without vegetables**

- **Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**
- **Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources**
- **Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources**

**Reheat Instructions:**

**Microwave: Time and temp may vary.**

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   **Add your microwave time here: _____.**

**Stove Top: Time and Temp may vary.**

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   **Add your stove time here: _____.**

**Oven Directions: Time and Temp may vary.**

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Heat until thoroughly warm, about 20 minutes.**
   **Add your oven time here: _____.**